

HMRS 9 day Course Packing List

Cadet Ranger Staff Training, Field Medic Course, Ranger Team Commanders Course, and Independent Study Course

PUT YOUR LAST NAME ON ALL ITEMS - Consider a large back pack, duffel bag, a large heavy duty plastic container, or a footlocker with a padlock.

Uniforms - Folded and waterproof packed

- ___ 3 pair or more BDU shirt and pants, insignia (CAPM 39-1)
- ___ 2 pair uniform boots - (1 pair may be hiking boots with good insoles, they are permitted on FTX)
- ___ 1 PT Uniform – pants, shirt, and boots that can get wet
- ___ Wallet with VALID CAP MEMBERSHIP CARD and Photo I.D. card
- ___ Money
- ___ Watch
- ___ Swiss type army or pocket knife
- ___ Orienteering or lensatic type compass on lanyard
- ___ Orange safety vest
- ___ Eating Utensils - Plastic works best
- ___ Pencils and pens, and a small notebook in zip lock bag
- ___ Several blousing bands and extra black boot laces
- ___ Glasses? - Have a strap for them, too. Don't bring contacts.
- ___ Medications? - in pharmacy container w/name, dosage and physician (inhalers, bee sting kits, etc.)
- ___ Pain relievers and over the counter medications must be in their original containers

Other Clothing items - waterproof packed - zip lock bags are good – with your name on everything

- ___ 2-3 extra pairs BDU trousers (for PT sweat pants/jeans may be worn)
- ___ 10 pair underwear (or more)
- ___ 10 or more T-shirts brown, green, or olive drab ONLY! **Do Not** Bring black or orange T-shirts, these are to be worn by our staff only!
- ___ 12 pairs of socks or more
- ___ Wool, polypropylene or fleece sweater, sweat shirt, or jacket - Military preferable
- ___ Small sewing kit
- ___ Small shoe shine kit
- ___ Swimsuit or gym shorts
- ___ Climbing helmet (Optional – if you have one)
- ___ Leather ropework gloves (Optional – if you have them)

Personal Hygiene items - waterproof and packed in a shower bag. Last name on everything

- ___ 1-2 bath towels and wash cloths
- ___ Toothbrush and toothpaste
- ___ Shaving supplies or feminine hygiene items
- ___ Personal hygiene supplies including shampoo, deodorant, brush, foot powder, Soap ...
- ___ Box of moist towelettes or baby wipes
- ___ Bag for dirty clothes

Day Gear - waterproof packed - last name on everything

- ___ Rugged day pack
- ___ 2 canteens, (or 1 canteen and 1 hydration system)
- ___ Sierra cup or canteen cup
- ___ 2 ponchos (or 1 rain suit and 1 poncho)
- ___ All leather work gloves
- ___ 2 pr. Latex or nitrile examination gloves
- ___ Eye protection (goggles or safety glasses)
- ___ Personal 1st aid kit: (a small one, about 2" x 3") Band-Aids, gauze pads, tape, first aid cream, moleskin, cough drops, personal medication, alcohol preps, hand sanitizer.
- ___ Flashlight and spare batteries & bulbs
- ___ Survival Kit (optional - if you have one)
- ___ Insect repellent (DEET is effective on ticks)
- ___ Sunscreen
- ___ Handkerchief
- ___ Roll of white toilet paper in waterproof container
- ___ Pencils & pens
- ___ Navigation Aids (optional if you have them)
- ___ Duct tape
- ___ Roll of blazing / surveyors tape
- ___ Camera (Optional)

Field Equipment - waterproof packed - last name on everything

- ___ Field pack - thoroughly inspected, adjusted for full load
- ___ Sleeping bag - in waterproof, brushproof bag
- ___ Tent with all poles, stakes, lines, ground cloth (3 person tent, max)
- ___ Closed cell sleeping pad
- ___ Optional extra field jacket with liner or other cold weather jacket
- ___ Extra flashlight or headlamp, 2 sets extra batteries, extra bulb
- ___ 5 garbage bags
- ___ Can opener
- ___ Brillo pad
- ___ a few feet of heavy duty aluminum foil – neatly folded

Food

Food will be provided by the school for the students. Some of the food will be prepared by the students. However, you need to bring snacks for yourself.

- ___ 18 snacks (2 per day) i.e.: granola bars, beef jerky, nuts, dried fruit hard candies, trail mix, cereals, and crackers.
- ___ Juices, Gatorade mix.

No glass containers or condensed soups. Avoid dairy-based foods. Consider packing your perishable foods such as crackers, cereal, etc in small portions in sealed, waterproof containers.

Make sure you pick orange or bright colors for Search & Rescue equipment. Some items are available for purchase at the school. Check our BX page <https://pawg.cap.gov/bx>.

If you need to ship any equipment prior to the school, it can be shipped via UPS or FedEx to:

Hawk Mountain Ranger School
Attn: Your Name and CAPID #
218 Pine Swamp Road
Kempton, PA 19529

****NOTE**** You must advise the shipping company you are using that your packages must be delivered between 5 July and 6 July 2013. No one will be available to sign for your packages before July 5. We can only accept packages. We have no means of shipping equipment back after the School. You will need to take all of your equipment home with you at the end of the school.